

Women's Page

BY A WOMAN

A WOMEN'S KINGDOM

We remember reading a story of that title years ago. It was the life of a good wife and mother what a wonderful influence she exerted over them all, and through training her sons and daughters how wide reaching her influence become.

Then, we take up the life of Clara Borton and her unselfish work with the Red Cross. How the organization which she helped to form has extended everywhere bringing help to the needy and distressed.

Everywhere now we are seeing posters of the women wearing the Red Cross urging people to help with the sore need.

Evangeline Booth is a name known to all. She is at the head of the Salvation Army. An army that goes out to seek and save. This Army, too, carried aid to the distressed and its members extend all over the known world.

And Jane Addams, every one knows of her and the Hull House. Hosts of young women owe their return to virtue and self respect to her and her name and influence is spread far and wide.

For the past year a rich talented woman has spent her means and all of her powers to gain a seat in the senate. Such untiring efforts as she used spending money and time without stint. She was anxious to be in the legislative halls that she might use her influence there. But she failed and is now facing the year with her ambition foiled. Could we but say to her.

Oh woman, use your powers and your means as these have done. You would yield a much larger influence than you could in the Senate Chamber. Those who have done most for the good of their fellow men have not done it in politics. The coffee Houses which charge a cent for a breakfast of oatmeal, bread and coffee, and the same sum for a plate of soup for dinner, are opening their doors wider now that there is such a vast army of unemployed and crowds of women are giving their services to help and thus they are laying up treasures where moth and rust doth not corrupt, nor thieves break through and steal.

Now that the Red Cross is striving to raise the necessary sum let us all put our spare time and give what we can to relieve our brother's need.

Hoarded money does no one much good and in times of depression like this we must put our shoulders to the wheel and help to bring normal times back again.

HEALTH

"An apple a day keeps the Doctor away." Perhaps that is a too sweeping statement, but it does help a lot in keeping one fit. This fall when vegetables are scarce on account of the recent drouth, apples are being vended everywhere, and they are wonderfully cheap. Try eating apples and see if it does not help you. If not raw, then try them baked or stewed. Some one was telling of a doctor who was trying the apple cure on a thin anemic person. He made her eat eight apples a day with the result that she became plump, rosy and teeming with good health. Maybe other things added but she certainly laid it to the apples, another thing is plenty of water. At lest six glasses of water should be taken every day. Water helps to get rid of all the wastes of the body, and it it also an aid to beauty as it keeps our skin from getting dry and prevents it peeling.

THE VOGUE

Brown is the color most seen for daytime and sports wear. Worth's smartest clients have ordered brown, or brown and beige, for this type of costume. Jane Regny says the same thing, and other brown and pink jersey ensemble was one of the most effective brought out by the first day of the Auto Show.

Research scientists in Russia recently announced the discovery of methods of making leather from fish skins. As a result of this discovery, the Soviet government plans to open a number of tanneries to treat the skins of cod and wolf fish. The skin of the white grampus is said to make excellent shoe leather.

TIPS ON TABLE TOPS

Clean linens are the foundation of an attractive table. It is better to use runners of linen or lace, doilies, or place mats, than a tablecloth that is spotted or soiled.

This type of table covering demands a well-cared-for table top. A table made of unpainted wood should be frequently washed with soap and water, then polished with wax. Painted, varnished, or enameled surfaces also need an occasional cleaning with a cloth which has been wrung out of mild, lukewarm soapsuds. The surface should be carefully rinsed with a clean, damp cloth, and polished with a piece of flannel or chamois. A lustrous finish may be obtained by following the washing with an application of furniture polish.

SUGGESTIONS

Make Winter Conserves

To eke out your store of Summer canned fruits don't forget that delicious jams and marmalades can be made during the Winter months with dried fruits such as prunes and apricots.

HOOKED TAPE

What is more exasperating than to find at the last minute that the darwstring in a slip or chemise has slipped back out of reach? Keep a fine crochet hook in your dresser drawer with which to catch the fleeing tape.

PAINTED BASKETS

"I painted the slats of a half bushel fruit basket with cream colored paint (left over) and the hoops with rose color. Then I lined the basket with rose colored oilcloth to make a hamper for baby's clothes," says an economical and ingenious young mother.

RAG RUG HINT

In cutting old stockings for rugs, do not wind them, but lay them loose in a box and sew them as you wish to crochet them. This way they look soft and silky in a rug. Winding stretches them.

RECIPES

Brown Betty.—Two tablespoons fat, two cups soft bread crumbs, two and one-half cups apples or dried cooked fruit, one cup corn syrup, one-half orange (juice and grated rind), one-half cup water or fruit juice. Melt fat and stir in bread crumbs. Add flavoring and syrup. Place alternate layers of apples and bread mixture in an oiled baking dish making the last layer of crumbs. Bake one hour. Serve with whole milk.

Baked Macaroni—Two cups macaroni, one-fourth pound grated cheese, two tablespoons butter, one and one-half cups milk salt and pepper. Break the macaroni into short lengths, cover with plenty of boiling water and boil until soft, 20 to 30 minutes generally being required. Stir occasionally with a fork to prevent sticking to the kettle. Turn into a sieve and drain thoroughly. Arrange a layer of macaroni in the bottom of a pudding dish. Over it sprinkle some of the cheese and scatter over this bits of margarine. Add a sprinkling of salt and pepper. Fill the dish in this order, having macaroni on top, well oiled with margarine, but without cheese. Add milk enough to just cover well and bake until a golden brown hue, one-half hour usually being sufficient. Serve in the dish in which it was baked.

Jellied Tomato Salad.—2 tablespoons granulated gelatin, 4 tablespoons cold water, 2 cups tomatoes, 1 cup boiling water, 2 slices onions, 2 bay leaves, 4 celery leaves, 4 whole cloves, 1 teaspoon sugar, 1 teaspoon salt, 2 tablespoons vinegar, 4 tablespoons chopped green peppers.

Soak gelatin in cold water. Mix all rest of ingredients, except the vinegar and green peppers, and cook slowly in covered pan twenty minutes.

Press through a strainer. Heat to boiling point and add gelatin mixture. Stir until thoroughly dissolved. Cool. Add vinegar and green pepper. Pour to thickness of 1 1-2 inches in shallow pan which has been rinsed out of cold water. Set in cold place to stiffen. Unmold, cut in squares and serve on lettuce. Top with mayonnaise.

Hot Ham Sandwiches.—Force one pound cooked ham through the food chopper. Add four tablespoons creame dbutter, one teaspoon prepared mustard, if not for children add one teaspoon paprika. Mix all together well. Spread on bread, cut in finger strips, and toast, or dip in beaten egg diluted with milk and saute in butter.

Cream soup may be made as easily as bouillon with an imported cream soup roll that comes in different vegetable flavors. We taste the yellow pea soup with bacon the other day. Only water is added to the crushed powder, and the resulting soup is appetizingly colored and savory. The rolls are attractively wrapped and contain three cylindrical cakes. Each section makes two good soup plates and the roll serves six. The soup is made in Germany.

After the soup cake has been put into a saucepan and the correct amount of liquid added the soup is boiled for fifteen minutes. No suggestion of powdery substance is left. The slow cooking gives good texture.

Gelatine Salad—One-half small head cabbage, one green pepper, one bunch celery, one cup left over limas. The vegetables were chopped, the gelatin colored a pale green and seasoned well with pepper, salt and onion juice. Served on crisp lettuce, garnished with salad dressing and cucumber rings.

All Happiness Ended for Betrayer of Trust

One of the most beautiful things in the world is the trust that some one places in us. Of course, there are varying kinds of trust.

If we are trusted in our business affairs, how we thrill at the opportunity of proving that the trust is entirely justified! Perhaps there steals into us, at some untoward moment, the still, small, and cunning voice of evil—and we forget. Then our world tumbles around us. We have failed; and the iron of disappointment enters into our soul.

It happens, too, sometimes, in our private life. We are loved, dearly, and with sacrifice. We feel that we shall never fall before the specious temptations that jostle us as we go a-wandering. Alas! it is the pride in us that lets down the drawbridge for the tempter to enter our castle.

We must watch our trust valiantly; aye, and ruthlessly, or else . . . !—G. H. G., in London Tit-Bits.

CAP AND BELLS



WELL, THAT'S PERFECT

"Yes," said the man in the ancient overcoat with bulging pockets, "Bill and me are in partnership, but we don't carry the same goods."

"Explain yourself," said a friend.

"Well, Bill goes around sellin' a stove polish that leaves a stain on the fingers, and I go around next day with the only soap that will take it off."

Too Late

She wanted to be in the beauty chorus, so she wrote an application, enclosed her photograph, and was asked to come for an interview. Imagine her surprise when she was told by the manager that she was too late.

"Is the position filled, then?" she asked.

"No," replied the manager. "I meant that you should have come when you had your photograph taken."

James, Are You Slipping?

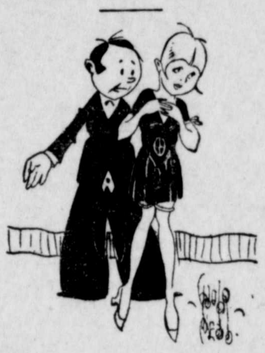
She—James, dear, can you see the moon?

He—Yes, my dear!

She—Oh, James! Then you don't love me any more!

He—Don't you know that love is blind?

HER TRUE LOVE



She—I love overpowering men.

He—How many have you overpowered?

Some Hope

In case your lad
Is a born poet
Do not be sad,
He may out grow it.

Those Old Style

Miss Plainspoke—If you looked like that photograph when you were ten years old, it's a wonder your mother let you live.

Mr. Otherwise—That's nothing. You should see the pictures of her taken at the same time.

Human Perversity

"Did you succeed in getting your dear little girl to practice her music?"

"Yes. I let her understand that the neighbors wished she would stop and she immediately became positively enthusiastic."

Need Earthquake Clock

"Here you see my greatest invention—an earthquake detector that goes off like an alarm clock."

"But what we need, my good man, is an alarm clock that goes off like an earthquake."

Finally

"I love being with Tony. He entertains me by talking about things other men never mention."

"Oh, has he proposed to you?"—Tit-Bits.

NOT A COW-DOG



First Neighbor—"Why didn't your dog run that cow out of your garden then?" Second Neighbor—"Beneath his dignity—he's a bulldog, you know."

He Takes the Count

Some wives may count
Their husbands' calories,
But they all count
Their husbands' salaries!

It Had Come Back

Friend—Do you think the great outstanding American poem has yet been written?

Poet—It has not only been written, but it has been rejected!

A Connoisseur

Mr. Psmear (the artist)—I wonder if you've ever seen any of my pictures?

Mrs. Gazippe—I reckon I have. I've seen about everything on the screen; I'm a regular movie hound.

Nobel's Good Work

One of the most wonderful wills in history was that of Alfred Nobel, the Swedish inventor, who left his enormous fortune in trust so that each year five prizes valued at rather more than $35,000 each should be given to the persons who have made the most important inventions or discoveries in physics, chemistry, physiology or medicine, or have done most for literature or the cause of peace. Many of these awards have been made to poor men who have been enabled to carry on good work by their aid.

A&P

Prices effective until close of business Saturday, 29th

SUNNYFIELD Pancake and Buckwheat FLOUR 2 pkgs. 15c

Pillsbury or Gold Medal Flour 12 lb. bag 42c 24 lb. bag 83c

CALIFORNIA New Crop PRUNES 70-80 size 4 lbs. 19c

PEA BEANS 2 lbs. 15c

Shredded Wheat pkg. 10c

A&P Fancy Rice package 10c

Open Kettle Rendered PURE LARD 2 lbs. 23c

Evap. PEACHES 2 lbs. 21c

Sparkle The New Gelatin Dessert 4 pkgs. 25c

Cliquot Club Ginger Ale Pale or Golden 2 bots. 25c

Quaker Maid Oven Baked BEANS 3 cans 20c

Rich Creamery TUB BUTTER 2 lbs. 79c

Sunnyfield Print Butter 2 lbs. 85c

Sunnyfield Flour 12 lb. bag 33c 24 lb. bag 65c

Campbell's BEANS...3 cans 23c
Iona SAUEKKRAUT.12 cans 23c
Iona LIMA BEANS...2 cans 23c
Iona STRING BEANS.2 cans 23c
A&P Quick OATS....3 pkgs. 25c
APPLE SAUCE..... can 10c

A blend of the finest grown Red Circle COFFEE lb. 27c

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Grandmother's BREAD Delicious, Pure Lge. Wrapped Loaf now 7c

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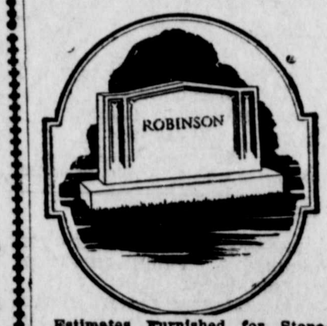
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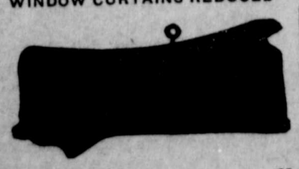
$10.00 Mattresses, now, ... $6.50
$12.50 Mattresses, now, ... $8.50
$15.00 Mattresses, now $10.00
$20.00 Mattress, now, ... $13.50

BEDS ARE LOWER



All reduced in this sale.
Prices $7.50, $9.50, $11.50 and up.

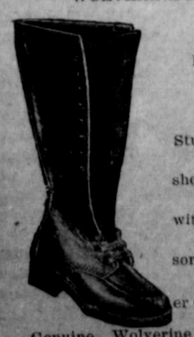
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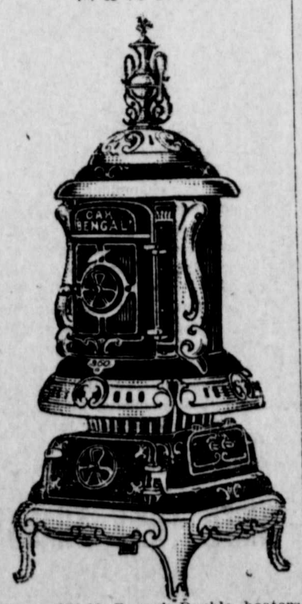
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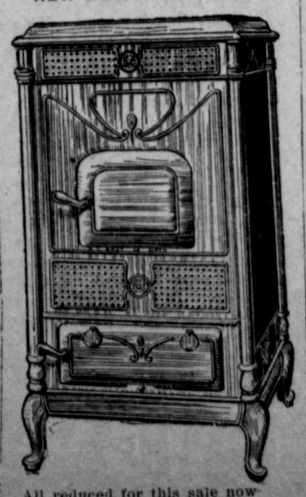


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